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HE Marathoner training to give back to community

by Susan Barone, ASC Public Affairs

WRIGHT-PATTERSON AFB, Ohio — It's 5 a.m. at the Wright Field Fitness Center as Scott Hall starts his day of strength and weight training for the Flying Pig Marathon held May 5 in Cincinnati.

A technology transfer manager in the Air Force Research Laboratory Human Effectiveness Directorate, Hall participates in Team in Training, a program of the Leukemia and Lymphoma Society. The program provides expert coaching and a personalized training program to walk or run a marathon, cycle a century or participate in a triathlon.

"In May, I'll have completed my fourth marathon with Team in Training," said Hall. "The program provides a daily training schedule, health and fitness clinics and group training. People of all ages and athletic abilities have joined this well-structured program. We have people who have never run or walked a mile before get out there and complete a marathon."

Along with having the support of coaches and mentors, participants also attend clinics on injury prevention, nutrition, strength training and shoe selection.

"Each runner is assigned a patient hero — usually a young child battling blood-related cancer from the Dayton area — and we run in honor of this person," he said. "We also have the opportunity to get to know these young heroes through outings, e-mails, and cards of encouragement. They are our inspiration."

Hall runs for his personal heroes. He runs in memory of his brother-in-law Rob McBride, who died in July from Hodgkin's disease. He also runs for another relative, Roger Horn, who lives in Columbus, and has lymphoma.

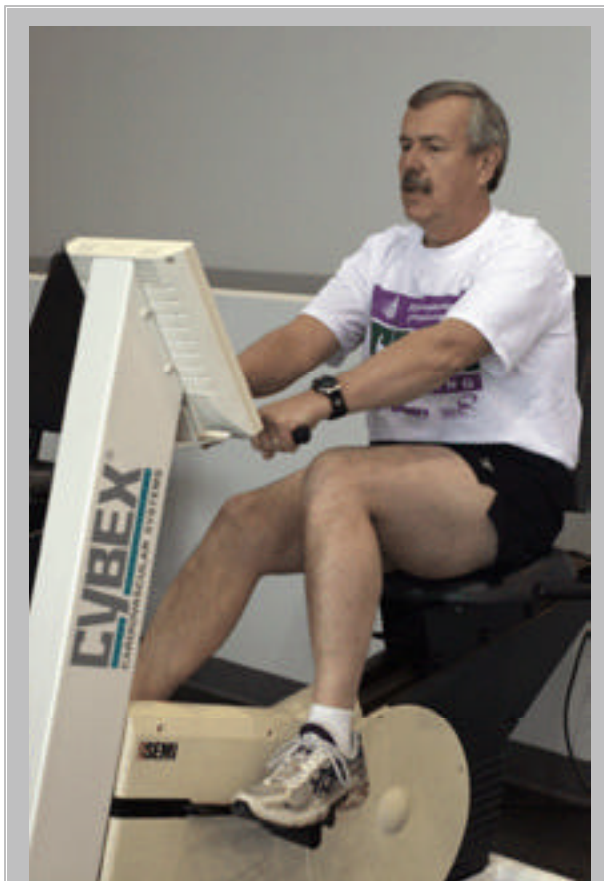
"We usually wear a "hospital" bracelet on our wrist with the hero's name on it for inspiration as we train," Hall said

Before 1999, Hall had never run a marathon. He received a direct mailing card from Team in Training, and decided to attend an informational meeting.

Hall said it didn't take long for the program to hook him after he heard people, like himself, talk about their experiences and listened to the experiences of parents and their young heroes who battle these blood-related diseases.

"At first, I started the program because I wanted to get fit, lose a bit of weight and be able to say I'd run a marathon," he said. "This program allowed me to meet my goals. Over time, however, my participation became something I felt I could give back to the community as I became associated with the mentors and saw the good this program has done for a lot of people across the U.S."

Hall also gives back to others as a mentor for the program.



IN TRAINING — AFRL employee Scott Hall trains on a stationary bike during a workout at Wright Field Fitness Center. (U.S. Air Force Photograph by Spencer P. Lane)

"It's just absolutely fantastic to see people build friendships over the four to six months of training, and to see them accomplish something they have never been able to do in the past," he said.

Hall's running benefits him as well. It compensates for work-related stress, he said, lowers his blood pressure, and there is camaraderie among participants.

"We have group runs on Wednesday nights as well as Saturday and Sunday mornings, and our schedule gradually increases our mileage over four to five months time," Hall said. "As we get closer to the marathon, our runs become progres-

Continued on page 2

Continued from page 1

sively longer. The longest training run is 20 miles about three weeks before the marathon. We then go into a taper program, running progressively shorter distances that lead us to the marathon to allow our bodies to recover, yet still stay flexible for the eventual day of the marathon when we will run or walk 26.2 miles.”

The real reward, Hall said, is knowing that what he is doing is helping to find a cure for blood-related cancers.

For more information about Team in Training, log on to www.teamintraining.org.